

**UPCOMING CURRICULUM DAY & PARENT WORKSHOP -  
FRIDAY SEPTEMBER 4TH**

**NO STUDENTS ATTENDING ONSITE, NO HOME LEARNING  
POSTED ON COMPASS. A parent workshop will run on this day,  
details on next page.**

**Enrol NOW for**

Email us for an enrolment pack @  
hillsmeade.ps@education.vic.gov.au

**The Link**

Hillsmeade Primary School Newsletter

Issue No 25—WED 26th AUG

TERM 3  
**2020**



THE FULL CALENDAR AND DETAILED EVENT INFORMATION IS AVAILABLE TO VIEW VIA THE COMPASS APP OR WEBSITE

**WHO, WHAT, WHEN?**

MON AUG 24th	TUES AUG 25th	WED AUG 26th	THUR AUG 27th	FRI AUG 28th
				Virtual Assembly Posted to Compass
MON AUG 31st	TUES SEPT 1st	WED SEPT 2nd	THUR SEPT 3rd	FRI SEPT 4th
Parent teacher interviews	Parent teacher interviews	Parent teacher interviews	Parent teacher interviews	<b>CURRICULUM DAY— STUDENTS DO NOT ATTEND. NO HOME LEARNING POSTED.</b>
MON SEPT 7th	TUES SEPT 8th	WED SEPT 9th	THUR SEPT 10th	FRI SEPT 11th
				Virtual Assembly Posted to Compass
MON SEPT 14th	TUES SEPT 15th	WED SEPT 16th	THUR SEPT 17th	FRI SEPT 18th
	Gr 4 Virtual NGV Excursion			<b>Last Day of TERM 3</b>

**FIRST DAY Term 4 Monday OCT 5th—Any updates will be posted to COMPASS**

## PARENT WORKSHOP



Hillsmeade Primary School is excited to announce our next **Parent Workshop**. This will take place online due to our current circumstances. This Parent Workshop will take place on the afternoon of our scheduled curriculum day (September 4<sup>th</sup>) and will be presented by Bryan Jeffery.

### ‘Understanding stress and mental health’ - Presented by Bryan Jeffery

**What:** This workshop will explore the role parents/families can play in supporting their children during the pandemic period. It will have a closer look at how stress can play a major part in our children lives along with our own. Bryan will talk about strategies that we can use to support our children’s mental health and wellbeing during these difficult and challenging times.

**When:** 4th of September 5pm – 6:30pm

**Where:** Via Zoom in the comfort of your home (a link will be sent and provided at a later date to this event)

**Why:** Bryan Jeffery has presented to the Hillsmeade staff on numerous occasions, showcasing and discussing on a range of topics regarding mental health. This area is a strong passion for Bryan and has invested his working life in this area. At Hillsmeade we believe he has lots to offer in the area of the mental health and wellbeing of our students, families and the community.

Through these workshops, we hope to not only strengthen our partnership with families but also the connections between the families and Hillsmeade.

**Cost:** NO COST! There is no cost to families.

**About Bryan Jeffery:** Bryan Jeffrey is a Registered Psychiatric Nurse, and since 1995 has been employed in a range of senior clinical positions in Child & Adolescent Mental Health Services (CAMHS) and Adult Mental Health in Scotland, and latterly in Melbourne, Australia. Throughout his career, Bryan saw gaps in mental health literacy, in people who were hungry for knowledge, and decided to focus the attention of MOAT: Mental Health Services on meeting these needs.

Ranging from delivering keynote addresses at national conferences, to providing workshops for small groups of staff and carers – Bryan’s passion is in mental health training.

You can find out more about Bryan Jeffery at his website <http://www.moat.com.au/>

**Please register for the parent workshop** with your name (please invite other family members/friends if you believe this will support their family) by email [hillsmeade.ps@education.vic.gov.au](mailto:hillsmeade.ps@education.vic.gov.au) by **September 3<sup>rd</sup>**. **Your booking will be provided at a later date which you will receive a link to this event.**

# FROM THE PRINCIPAL

Dear Hillsmeade Community,

**Happy Week 6 everyone, we hope you are all keeping safe, warm and well during this time. We are so proud of the ways students and families are engaging and connecting during remote learning 2.0. As a school community we understand that it is a challenging time, and that some days are not as good as others. We want to make sure our community know that we understand and appreciate the efforts being made. As a school we miss our community. We are looking forward to being back to the “new normal”.**



## Parent Teacher Interviews via Webex

Parent Teacher Interviews will be conducted via Webex and scheduled from **Monday 31<sup>st</sup> August – Thursday 3<sup>rd</sup> September**. These conversations will take place at your child’s regular scheduled learner conference time, in place of student learner conferences.

Friday 4<sup>th</sup> September is a Curriculum Day. If your child’s learner conference is usually scheduled on a Friday, the class teacher will arrange an alternative time to meet via Webex next week. Likewise, if you have work commitments and require an alternative meeting time, this can be arranged by contacting the class teacher via Compass.

Feedback from the community indicated that Webex would be the ideal platform to communicate and discuss students’ learning progress. Students are welcome to be present during these discussions.

Please note that Monday and Friday class Webex meetings will still occur, along with 12pm Webex check ins for our Year 3 – 6 classes.

To access Webex: <https://globalpage-prod.webex.com/join>

- Enter the teacher’s meeting information: \_\_\_\_\_  
(teachers will share this information)
- Please wait in the Webex waiting room and the teacher will commence the meeting as soon as the previous meeting has finished.

## Virtual Assembly

A reminder that this Friday the 28<sup>th</sup> of August is our next virtual assembly. This will be sent out via COMPASS Friday afternoon.

If you would like a digital copy of your child’s Hillsmeade Hero certificate please email [hillsmeade.ps@education.vic.edu.au](mailto:hillsmeade.ps@education.vic.edu.au)



**A reminder that Friday the 4th of September is a Curriculum Day.**

**Have a wonderful week.**

# Managing illness In Schools and Early Childhood Services during the coronavirus (COVID-19) pandemic

One of the most important things we can do to slow the spread of coronavirus (COVID-19) in our community is to stay at home when we are unwell, even when we have the mildest of symptoms.

## What you need to know:

### 1. If a child is unwell, even with the mildest of symptoms, they must stay at home

If a child becomes unwell during the day, they must be collected from school/early childhood education and care (ECEC) as soon as possible.

### 2. If a child has any of the symptoms of coronavirus (COVID-19) outlined below, however mild, they should get tested and they must remain at home until they receive their results:

- fever
- chills or sweats
- cough
- sore throat
- shortness of breath
- runny nose
- loss of sense of smell or taste.

In certain circumstances headache, muscle soreness, stuffy nose, nausea, vomiting and diarrhoea may also be considered symptoms.

For further advice:

- call the 24-hour coronavirus (COVID-19) hotline 1800 675 398
- call a general practitioner
- use the Department of Health and Human Services (DHHS) [online self-assessment tool](#).

Visit: [Where to get tested](#).

### 3. A child must stay at home until they are symptom free, even if their coronavirus (COVID-19) test is negative

If a person has tested positive for coronavirus (COVID-19) they must isolate until they receive clearance from the Department of Health and Human Services. Read the [What to do if you've tested positive for coronavirus \(COVID-19\) factsheet \(PDF\)](#) for more information.

If a person is a close contact of someone who has tested positive for coronavirus (COVID-19) the Department of Health and Human Services will get in contact to tell them they are a close contact of a person who is confirmed to have coronavirus (COVID-19). A close contact must quarantine at home. Read the [What to do if you have been in close contact with someone with coronavirus \(COVID-19\) factsheet \(Word\)](#) for more information.

For information on the minimum periods students and children need to stay at home for other conditions, refer to the [DHHS school exclusion table](#).

### **4. Children do NOT need a medical certificate before returning to school/ECEC**

Once symptoms have cleared, there is no requirement from the Department of Education and Training or DHHS for children/students to have a medical certificate before they return to school/ECEC.

*Thank you for your support in following these steps, together we can all stay safe.*

**This advice has been prepared by the Department of Education and Training, Safer Care Victoria and the Department of Health and Human Services**



## FROM MR CARDAMONE



Good Afternoon Hillsmeade Community,

I hope that the week has been a positive one and are finding the time to spend quality time with your family.

Don't forget our next **parent workshop** will be presented by Bryan Jeffery. This is a scheduled curriculum day (September 4<sup>th</sup>). The parent workshop will start online via Zoom at 5pm-6:30pm. This is a very exciting opportunity to hear from an expert in the area of mental health and wellbeing along with how to best support our children through these difficult times.

This week I am sharing an important article from Kidshelpline, its focus is on building health family relationships. During these challenging times families are spending more time together than ever before. At times that can be a challenge, please find below some tips and strategies to hopefully assist with that. You can find out more at <https://kidshelpline.com.au/parents/issues/building-healthy-family-relationships>

Kidshelpline is a great resource for the whole family, there is a wealth of resources for parent/carers to read and understand local support agencies and have a better understanding how Kidshelpline can support your children. You can find out more at <https://kidshelpline.com.au/>

Your children are able to navigate through the website and go through a series of channels to describe how they are feeling and some resources to assist them with this.

### **Building healthy family relationships**

*Healthy family relationships are important for your child's wellbeing and development. Building strong family relationships supports them to cope with challenges and to learn to be independent.*

### ***What is family?***

*There are many different types of families.*

- *Family is said to be a place we feel that we belong*
- *Traditionally families were based on biological or marital connections*
- *There are many different types of families - with and without biological or marital connections*
- *Our culture can influence what the word family means to us*
- *Some cultures have more extensive networks that they call family than others*

*Healthy family relationships have a positive impact on your child. Healthy relationships between family members means that your child feels loved, safe, secure and supported as they grow into independent adults.*

*Supporting healthy family relationships as a parent can mean:*

- *Being loving, caring and respectful*
- *Being warm, supportive and positive*
- *Communicating when disagreements occur*
- *Spending time doing things together to build strong bonds*

### **Some practical tips for building stronger families**

*We know that healthy family relationships supports your child's wellbeing and development. Here's some tips and strategies you can try at home with your kids:*

- *Set a positive example by being respectful and kind towards others*
- *Learn about child development and what is typical behaviour for your child's age*
- *Use time together to have conversations with your child*
- *Regularly spend time together*
- *Know that your child gets older they need space to explore and express their independence.*

## FROM MR CARDAMONE

- *Look after yourself- it's much harder to support your child when you're tired and run down.*
- *Give clear and consistent boundaries so your child knows what's expected.*
- *Try and remain calm in front of your kids during challenging situations.*
- *Strike a balance between work and family to reduce stress.*
- *Seek a healthy outlet for your frustrations and worries.*
- *Praise your child's healthy and appropriate behaviour and give specific feedback about what they did well*
- *Find opportunities to involve your child in family life and decision making that is appropriate for their age."*

**Thank you.**

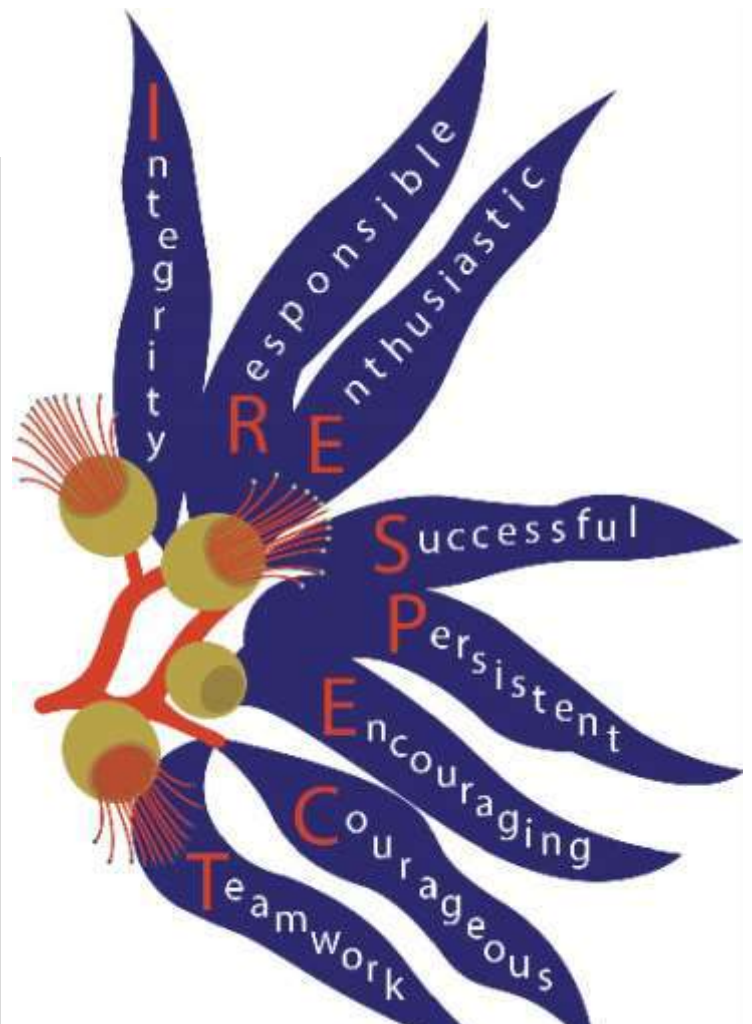
**John Cardamone** Leading Teacher in Social and Emotional Learning

Social and emotional learning... 'It's everyone's business!'



<http://www.advancedlife.com.au/>

This is a tentative date that may be subject to change.



**advancedlife**  
school photography & print specialists

## Exciting News!

Photo day is coming in Term 4

**Date:** Thursday, 12 November 2020

Dear Parents,

Please rest assured that we have been working hard with your school during remote learning and have provided them with a document detailing COVID-19 safety and social distancing procedures for photography.

It is a privilege to work with your school and we are excited that we will again be able to provide your community with a memory of the 2020 school year.

Kind Regards,

The *advancedlife* team



## STAFF MATTER WEEK @ HPS

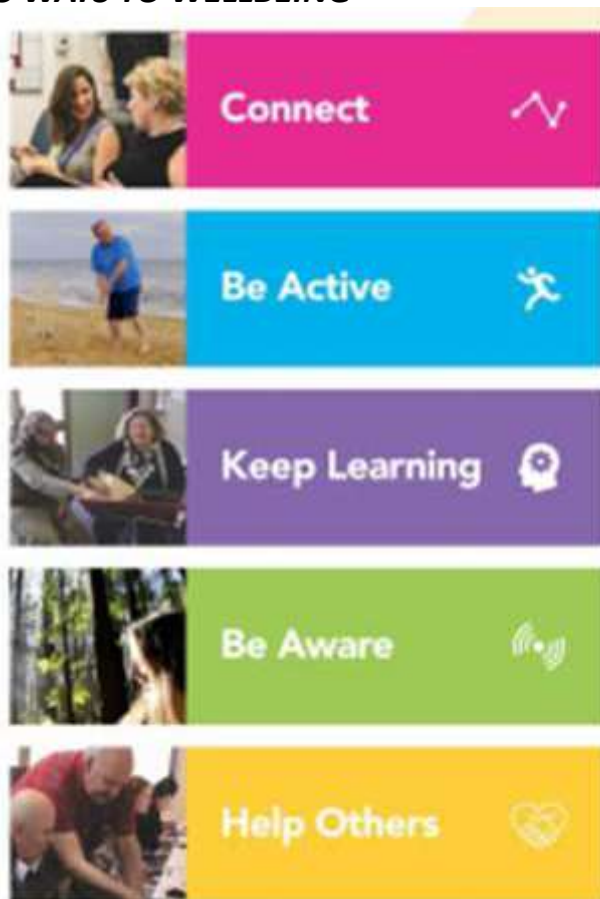
### Staff Matter Week – Term 3

The '5 ways' are based on extensive international research about the modifiable determinants of wellbeing. This week the *Staff Matter Team* are leading conversations around these focus areas and encouraging staff to reflect and focus on their wellbeing.

The *Staff Matter Team* focuses on positively promoting and upskilling staff in the area of mental health and wellbeing.

We aim to create an environment within which staff feel supported, connected and empowered in order to facilitate a positive work/life balance.

### 5 WAYS TO WELLBEING



This project is funded by the Royal Melbourne Hospital Foundation

For more information

[5waystowellbeing.org.au](http://5waystowellbeing.org.au)

(03) 8345 5459

[info@5waystowellbeing.org.au](mailto:info@5waystowellbeing.org.au)

Hillsmeade Community members are welcome to look at the suggestions below on how to possibly enhance your wellbeing in each focus area:

**Connect:** find time each day to focus on the people who matter most to you whether it be your partner, child, friend, sibling, or parents. Connect via the phone, text, letter, Skype, Whats App, Face Time, Facebook, Zoom, House Party.

**Be Active:** talk a walk, online exercise or yoga, or bust out those dance moves. Consistent physical activity is well known to lower stress and anxiety and improve mood, not to mention strengthening your immune system.

**Keep Learning:** Read books, join an online library, enrol in short online courses, complete puzzles, learn to paint or draw or online trivia.

**Be Aware: Practice Forgiveness.** Look for opportunities every day to let go of the judgements you make about others. Make the first move to smooth a potential rift with someone you care about. **Practice gratitude.** Make a habit of noticing all the things that are right in our lives, because as hard as this time is, it could be much, much worse. **Experience your own backyard;** smell the flowers; lay down on the grass or observe the sky.

**Help others:** Find a way to be of service every day. Who around you needs a meal delivered, their mailbox checked, their pet walked or a phone call for support.

Tilly Le Faou & Kristie Jenner

(Staff Matter Team Leaders)

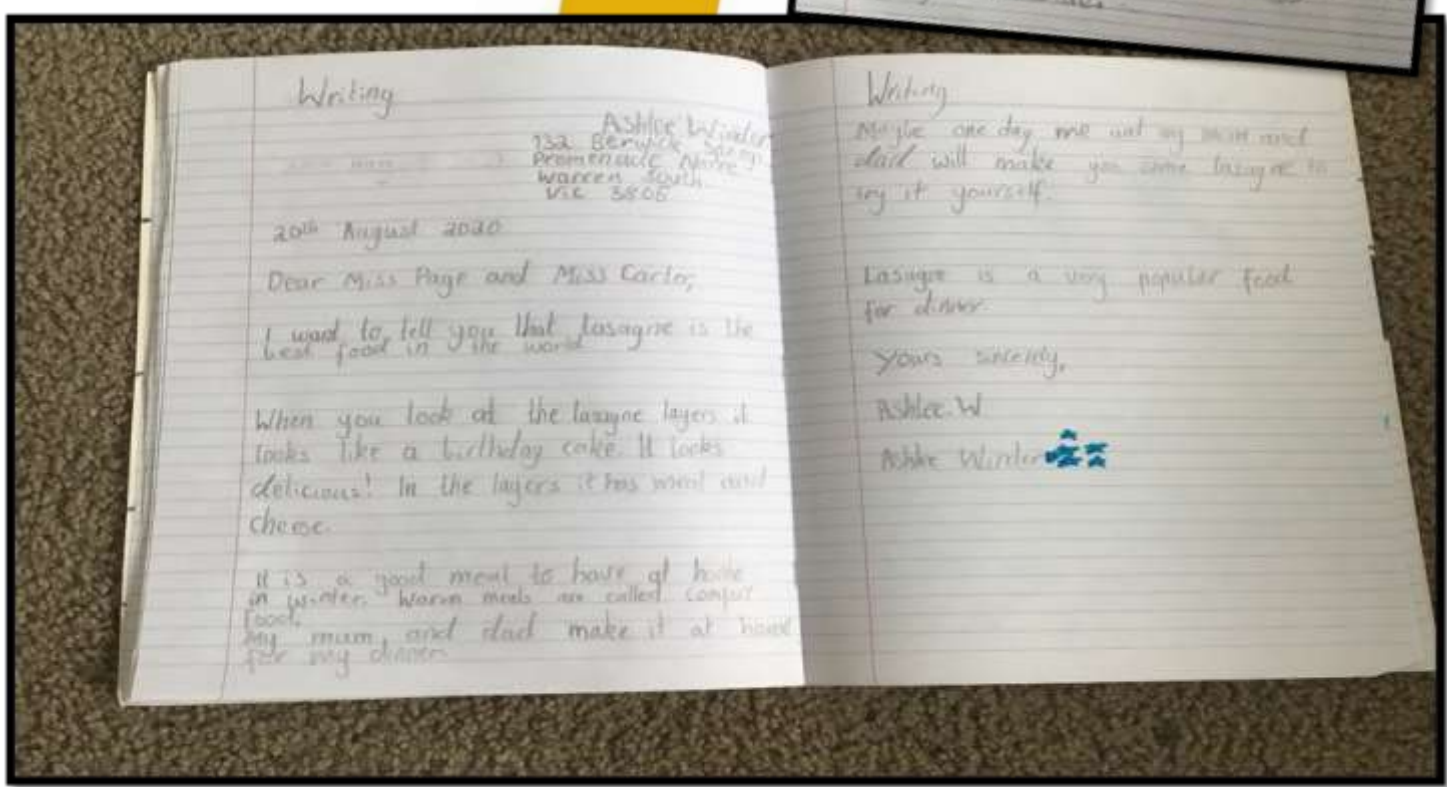
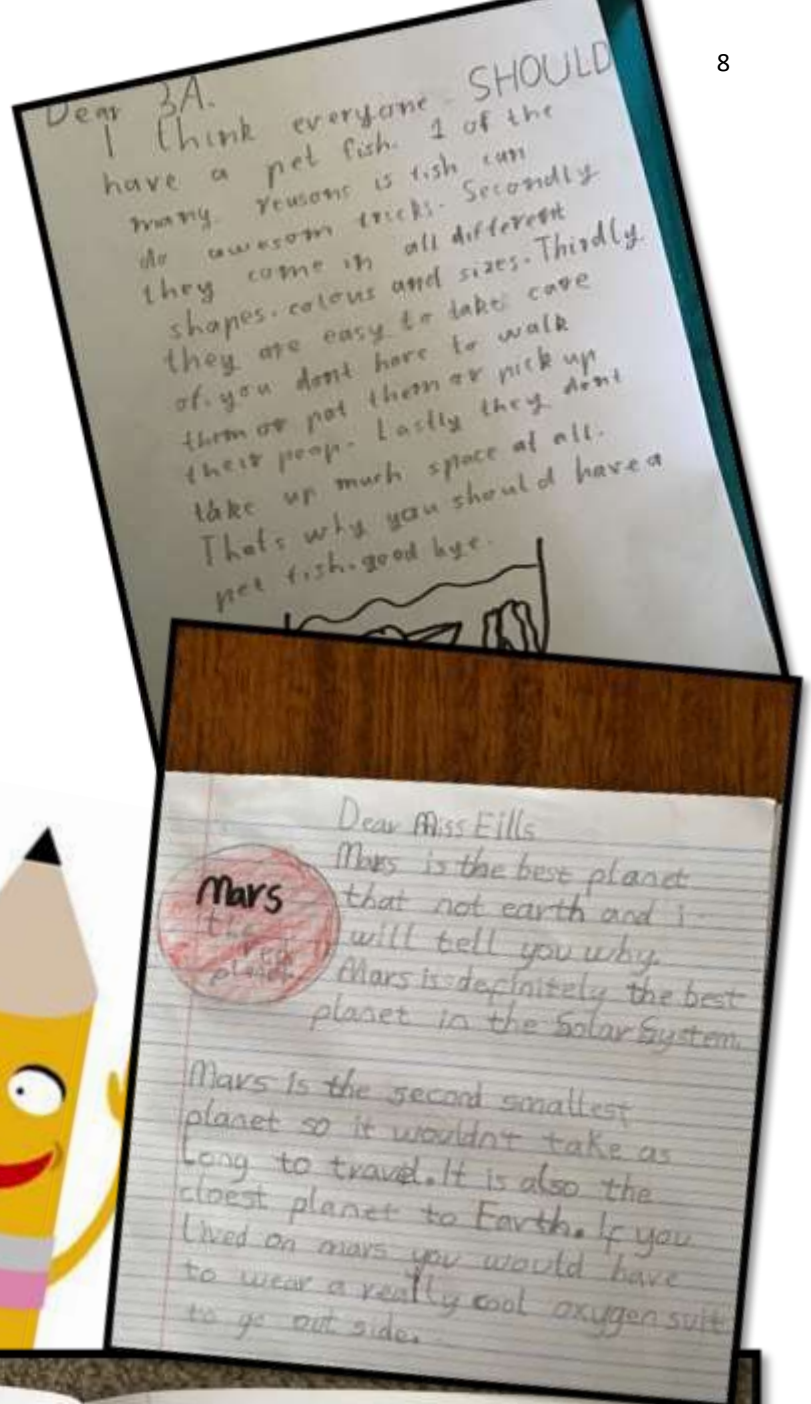
# A LETTER FROM SQUIGGLE

Dear Hillsmeade,

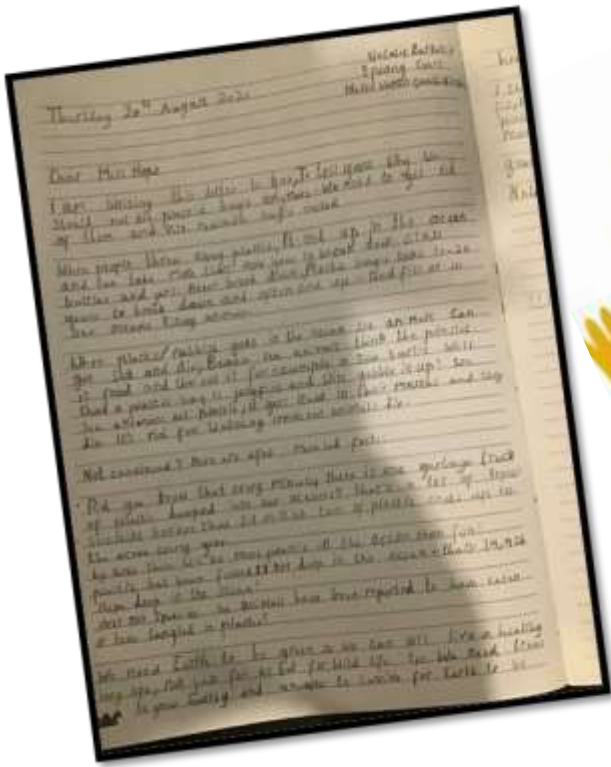
Did you know good writers can convince others to believe in the most incredible things? Our Year 3 authors have been learning about persuasive writing. Last week as part of their writing learning task, Year 3 students sent their teachers a letter, persuading them to agree with the most fascinating ideas. Have a look at some of them below!

Congratulations to all our Hillsmeade authors for sharing their amazing writing learning tasks. Your teachers are so proud.

Keep up the excellent writing, Squiggle







# #REMOTELARNING4HILLSMEADE



**Kaeden P and Paige D thank you for sharing your photos with us!**

## From Amra F Student Literacy Leader

Reedsy is a website that offers five writing prompts a week. You can sign up for it, and choose one of the five writing prompts. Entry and sign up is free, and if you win the competition, you earn \$50.

This week's topic is In On A Secret. The five prompts are:

Write a story where the readers are in on a secret the characters are unaware of.

Write a story on the meeting of a secret society.

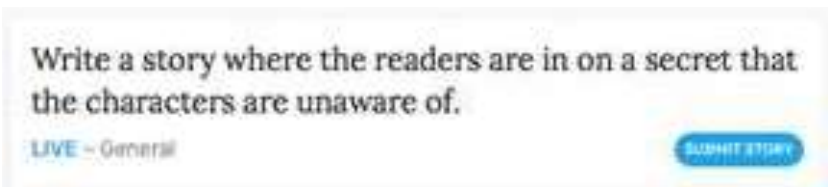
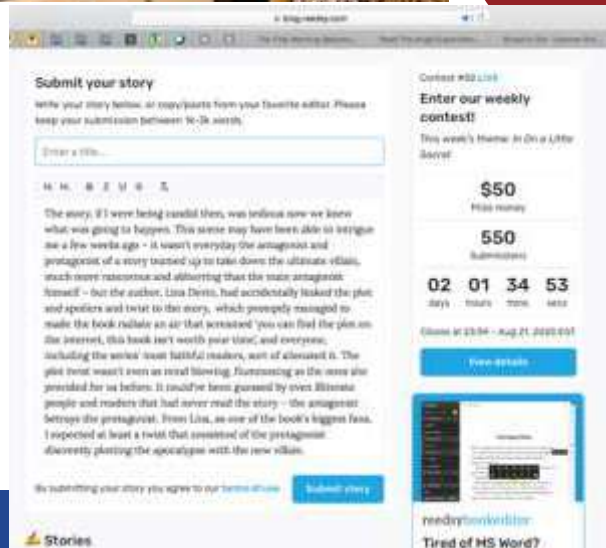
Write a story about an old family secret resurfacing generations later.

Write a story that either starts or ends with someone asking, "Can you keep a secret?"

Write a story that's packed with subtext; the characters aren't quite saying what they mean.

To sign up, all you need to do is give them your email and password, and you can submit your story and wait for the results to come in.

The prompt I picked is the first one – write a story where the readers are in on a secret the readers are unaware of. You can write anything that comes to your mind. The first thing I thought of was where the main characters don't know the big plot twist at the end, but the readers do, and it's a pretty dull one. <https://blog.reedsy.com/creative-writing-prompts/>





# FULL STEAM AHEAD @ HPS - NATIONAL SCIENCE WEEK!



Thank you for sharing your experiments with us and celebrating the "Deep Blue" Oceans Hillsmeade!

YOU ALL ARE SUPERSTARS!





# FULL STEAM AHEAD @ HPS - NATIONAL SCIENCE WEEK!

